

RATION DINNERS

*Homely Savoury Dishes
adapted to war conditions
for Families & Canteens*

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FAMILY RATIONS

per week

Meat, per head..... 1/-
Fat,* per head $\frac{1}{2}$ lb.
Sugar, per head..... $\frac{1}{2}$ lb.

CANTEEN RATIONS

per week

Meat, per 7 meals service 1/-
Fat,* per meal service.... $\frac{1}{8}$ oz.
Sugar, per meal service $\frac{1}{16}$ oz.

*Excluding dripping and suet

MEAT FOR 14 DAYS FOR FOUR ADULTS

First week

1 lb. minced meat at 10d. per lb.
2 lbs. shoulder lamb at 1/2 „ „
 $\frac{1}{2}$ lb. beef pieces at 1/- „ „
 $\frac{1}{2}$ lb. breast mutton at 8d. „ „

Second week

1 lb. minced meat at 10d. per lb.
2 lbs. roasting beef at 1/2 „ „
 $\frac{1}{2}$ lb. breast mutton at 8d. „ „
 $\frac{1}{2}$ lb. beef pieces at 1/- „ „

MEAT FOR 14 DAYS FOR 100 IN CANTEENS

First week

25 lbs. minced meat (any fresh meat)
38 lbs. shoulder and leg of mutton
12 lbs. beef pieces
12 $\frac{1}{2}$ lbs. breast mutton

Second week

25 lbs. minced meat
36 lbs. beef for roasting
12 $\frac{1}{2}$ lbs. breast mutton
12 $\frac{1}{2}$ lbs. beef pieces
2 lbs. ox liver

$\frac{1}{2}$ pint bottle of milk should be taken with each of the school meals in order that they may provide rather more than $\frac{1}{3}$ of the total calories required daily and a reasonable amount of first-class protein.

The family of 4 adults works a garden. The vegetables are home-grown; jam, pickles, bottled fruit and tomatoes are processed at home.



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FOREWORD

A LITTLE PLANNING can make the week's rations really last for a week, and this book sets out to give you just such a simple ground-plan, on which you can build a fortnight's catering, either for the family or the canteen, with the rations allocated to you.

The meat ration is planned to supply savoury dishes for thirteen out of the fourteen days. Fat and sugar are 'spread-out' by the occasional serving of soup or a salad as one of the two courses instead of a sweet.

Should the full meat ration be not available, or not available in the form specified, other nourishing meals are suggested to fill in any gaps. It should, however, be emphasized that no diet is complete without vegetables. Each day's meals should include two helpings of vegetables, one of which should be a salad.

In cooking vegetables, as little water as possible should be used, in order to preserve their vitamins and mineral salt content; also it must be stressed that bread eaten with or between meals should, if possible, be National Wheatmeal. This is now on sale in most shops, and the cost is the same as that of ordinary white bread.

As so many housewives and canteen managers find that the meat ration is exhausted early in the week, and complain that the fat and sugar rations 'will not go round', this little book, with its carefully planned, simple and traditional meals, adapted to war conditions, will serve a useful purpose and show countless women how to get the very utmost out of their rations.

1

Fresh meat
mince, with
greens, potatoes,
and baked suet
pudding; with
apple or dried
fruit and custard



FOR THE FAMILY (4)

FRESH MEAT MINCE

$\frac{1}{2}$ lb. minced meat (raw) 1 oz. dripping 1 onion or meat flavouring essence
1 oz. flour or fine oatmeal $\frac{1}{2}$ pint water 1 teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper gravy colouring 4 ozs. rice, if liked

1. Melt the dripping and fry the onion until savoury. Stir in the mince. Heat together for a few minutes.
 2. Pour in most of the water and seasoning and cook gently for 1 hour.
 3. Blend the flour with remaining water, add to the mince and cook for a further 10 minutes. Add 1 teaspoonful of parsley; serve with toast or hard baked bread.
- While the mince is cooking, wash the rice and boil it in fast boiling water for about 15 minutes until tender. Strain it, wash it, and dry in a cool oven on the dish on which the mince is to be served, covered with another plate.

FOR THE CANTEEN (100)

12 $\frac{1}{2}$ lbs. raw minced meat 2 lbs. onions, if possible 4 ozs. dripping
1 $\frac{1}{2}$ gallons water 1 $\frac{3}{4}$ lbs. fine oatmeal or 1 $\frac{1}{2}$ lbs. flour
2 ozs. salt and $\frac{1}{4}$ oz. pepper gravy browning parsley
52 lbs. potatoes 30-40 lbs. greens 12 $\frac{1}{2}$ lbs. wholemeal bread

Season sufficiently and carefully



2

Roast lamb,
sprouts, potatoes
steamed in
jackets; jam and,
or currants in,
pastry

FOR THE FAMILY (4)

Half shoulder of lamb

Cut a ribbon of peel from each potato

[No British woman needs instruction on how to roast meat]

FOR THE CANTEEN (100)

38 lbs. leg and shoulder of mutton, boned 1 lb. dripping

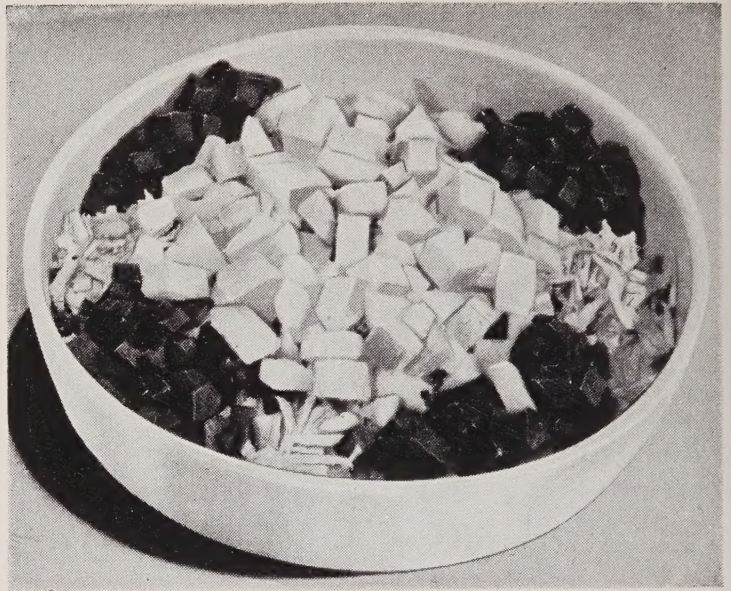
For gravy: 2 gallons water from vegetable boiling, as far as possible, and 1 lb.
flour and fine oatmeal mixed

52 lbs. potatoes 25 lbs. sprouts 12½ lbs. bread

Careful seasoning

3

Cold roast lamb,
baked potatoes,
vegetable salad,
red cabbage
pickle;
bread and butter
pudding



FOR THE FAMILY (4)

VEGETABLE SALAD

1 large cooked beetroot 1 carrot, raw and grated
1 large potato, cut in cubes 2 sprouts, shredded very finely watercress or lettuce
pepper, salt, a little vinegar, nut oil and sugar

Cut neatly and arrange attractively. Sprinkle
with pepper, salt, vinegar, sugar and oil.

FOR THE CANTEEN (100)

12 lbs. potatoes, cooked 8 lbs. beetroot, cooked 6 lbs. carrots, grated
1 lb. sprouts or cabbage heart, shredded
1 lb. onions, minced 42 lbs. potatoes 12½ lbs. bread
pepper, salt, vinegar and oil

**Braised steak or
rabbit, baked
potatoes, leeks
or mashed
parsnip; stewed
apple and
cornflour**

FOR THE FAMILY (4)

BRAISED STEAK OR RABBIT

$\frac{1}{2}$ lb. stewing steak (or a rabbit) $\frac{1}{2}$ oz. dripping onion
3 carrots, cut into large dice 1 oz. flour $\frac{3}{4}$ pint water or vegetable liquor
seasoning and 1 teaspoonful vinegar gravy colouring

For dumplings: 2 ozs. grated potato, 3 ozs. self-raising flour, 2 ozs. suet

1. Cut the steak or rabbit into eight pieces.
2. Fry the sliced onion and after a few minutes fry the pieces of steak.
3. Sift in the flour and stir.
4. Add the water. Bring to boil, season and put in carrots.
5. Put the pan in the oven or turn into a casserole and bake for 2 hours.
6. Add dumplings $\frac{1}{2}$ hour before the stew is cooked.

FOR THE CANTEEN (100)

12 $\frac{1}{2}$ lbs. meat without bone 1 $\frac{1}{2}$ lbs. flour or 1 $\frac{3}{4}$ lbs. fine oatmeal 4 ozs. dripping
1 lb. onions 12 lbs. carrots 2 gallons water, or vegetable liquor
1 tablespoonful vinegar 2 tablespoonfuls salt 1 teaspoonful pepper
52 lbs. potatoes 30 lbs. parsnips 12 $\frac{1}{2}$ lbs. bread

For dumplings : 2 lbs. grated potato, 3 lbs. flour, 3 lbs. suet

Pour into the deep tins which fit the ovens. Cover with another tin and bake slowly. Correct the consistency before serving. If cooked in a boiler, it will be more convenient to add blended flour with the dumplings—otherwise the thickened stew may burn.

Vegetable and
milk soup; cold
roast lamb,
potato and green
salad or mashed
potato, piccalilli



FOR THE FAMILY (4)

VEGETABLE AND MILK SOUP

A bone or bacon bones 1 lb. potatoes $\frac{1}{2}$ lb. onions or meat flavouring essence
1 artichoke $\frac{1}{2}$ lb. carrots outside stalks of celery $\frac{1}{2}$ oz. oatmeal
 $\frac{1}{2}$ oz. dripping $1\frac{1}{2}$ pts. water $\frac{3}{4}$ pt. milk fresh herbs, tied in a small bunch
1 tablespoonful of chopped parsley, shredded lettuce or finely shredded sprout or
cabbage seasoning

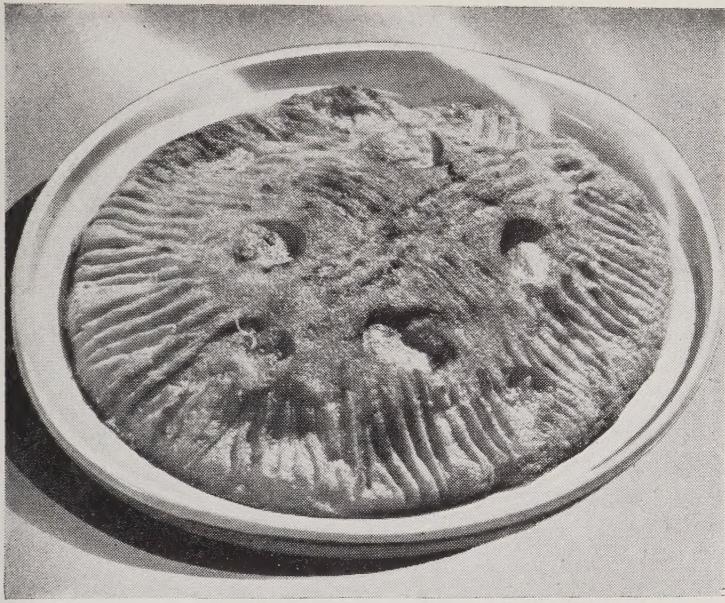
1. Cut up the vegetables. Cut carrot and celery finely. 2. Fry the onion in the margarine until savoury. Add all the vegetables, herbs and oatmeal. 3. Pour in enough of the $1\frac{1}{2}$ pints of water to cover the vegetables. 4. Cook until vegetables are soft. 5. Beat the thick vegetable mixture until smooth. 6. Add remainder of the water and boil up. Add the milk and heat and, lastly, the freshly chopped parsley. Season carefully.

Note.—If the joint does not carve well, heat small pieces of meat in the well-seasoned mashed potatoes.

FOR THE CANTEN (100)

25 lbs. potatoes 4 lbs. or more onions or leeks, or some meat flavouring essence
2 lbs. artichokes 12 lbs. carrots celery 6 ozs. dripping
12 ozs. oatmeal 5 gallons water 2 gallons milk fresh herbs
chopped parsley or shredded greenstuff
Careful seasoning

Potatoes for salad, 30 lbs. with green salad or beetroot ; or for mashing, 52 lbs.



**Shepherd's pie,
sprouts, coarsely
grated raw
carrot; steamed
plum duff**

SHEPHERD'S PIE

$\frac{1}{2}$ lb. minced meat, raw $\frac{1}{2}$ oz. dripping 1 onion, if possible

1 oz. flour or fine oatmeal $\frac{1}{2}$ pt. potato water (rather less) 2 lbs. mashed potatoes
little pieces of fat seasoning

1. Fry the onion until savoury, add meat and stir together.
2. Sprinkle in the flour or oatmeal and stir in the water and boil.
3. Cook very gently in the covered pan in the oven or on stove.
4. Boil and mash the potatoes. Season carefully. Spread a layer on the bottom of a greased enamel dish or Yorkshire pudding tin.
5. Spread the savoury mince on this potato and cover with another layer of potato.
6. Spread with melted fat or put on small pieces of fat and brown in the oven.

Serve with gravy.

FOR THE CANTEEN (100)

12½ lbs. raw minced meat 2 lbs. onions, if possible 6 ozs. dripping

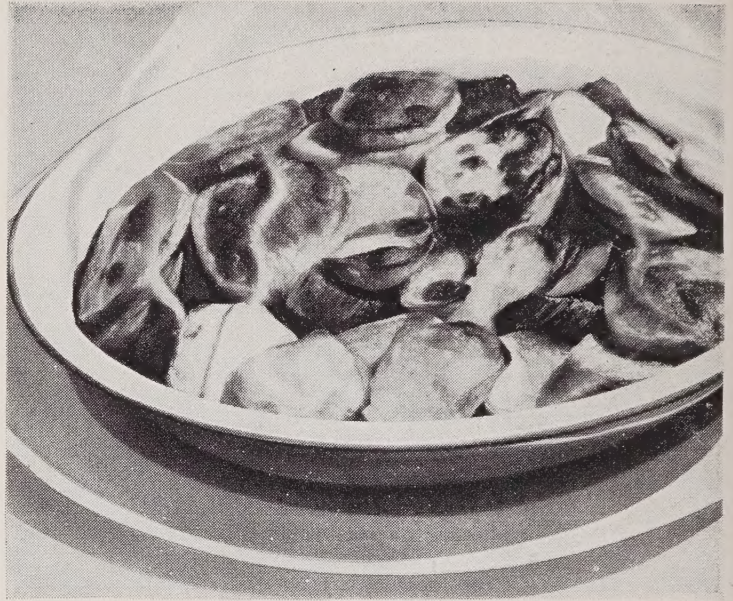
1 gal. water or vegetable water 1½ lbs. fine oatmeal or flour parsley

24 lbs. sprouts 6 lbs. carrots 52 lbs. potatoes

Careful seasoning

7

Hot pot, stewed
carrots, pickled
red cabbage; cold
custard (powder)
sprinkled with
mixture of
cocoa and sugar



FOR THE FAMILY (4)

HOT POT

$\frac{1}{2}$ lb. breast mutton 4 ozs. lentils, soaked 2 lbs. potatoes
 $\frac{1}{2}$ lb. onions or meat flavouring essence pepper and salt dripping (very little)
 $\frac{1}{2}$ oz. fine oatmeal or flour $\frac{1}{2}$ pint water

1. Cut the breast of mutton into small pieces, thin slices or dice, and stew it with the water, onion and seasoning for $\frac{1}{2}$ hour. 2. Scrub the potatoes well and cut into slices, mix with sufficient pepper and salt, and the fine oatmeal. 3. Arrange the potatoes in layers with the meat and lentils in a pie-dish. Pour in the gravy. 4. Brush the top potatoes over with dripping, or fat skimmed from the top of the stew. 5. Cover closely with a greased paper and cook for 1 hour. Remove the paper and continue baking for a $\frac{1}{2}$ hour longer, until nicely browned.

Serve with gravy.

FOR THE CANTEEN (100)

16 lbs. breast of mutton 45 lbs. potatoes 7 lbs. lentils $1\frac{1}{2}$ gallons water
 $\frac{3}{4}$ lb. oatmeal pepper and salt a little dripping
25 lbs. carrots 1 gallon gravy



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Liver or minced
meat roly poly,
baked or steamed
potatoes, swedes;
baked milk
pudding, with
sultanas or jam

FOR THE FAMILY (4)

LIVER OR MINCED MEAT ROLY POLY

$\frac{1}{2}$ lb. raw meat mince or liver

Gravy: $\frac{3}{4}$ pt. vegetable water 1 oz. dripping 1 oz. flour pepper and salt

Pastry: 6 ozs. self-raising flour 2 ozs. fine oatmeal 3 ozs. finely chopped
suet salt

1. Make the gravy. Moisten the mince with a little of it. Season well.
2. Make the pastry. Roll out and spread with the meat mixture.
3. Roll up and bake for 1 hour or steam, without wrapping, for 2 hours.
Serve with gravy.

FOR THE CANTEEN (100)

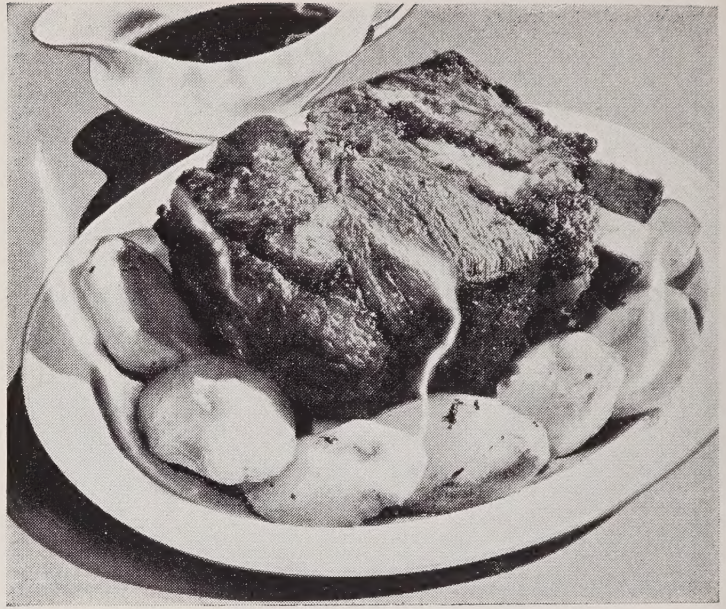
12 $\frac{1}{2}$ lbs. minced meat 1 $\frac{1}{2}$ gallons gravy 9 lbs. self-raising flour

3 lbs. fine oatmeal 4 lbs. finely chopped suet

25 lbs. potatoes 40 lbs. swedes 6 lbs. bread

9

Roast beef,
Yorkshire pud-
ding, potatoes,
Scotch kale;
baked or stewed
apples and oats

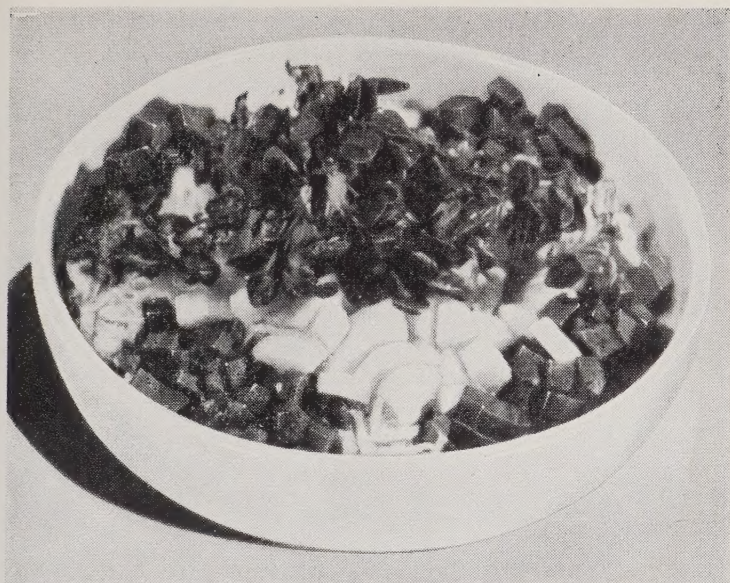


FOR THE FAMILY (4)

2 lbs. thick steak, lean brisket or suitable roasting meat

FOR THE CANTEEN (100)

<i>36 lbs. roasting beef</i>	<i>1½ gallons gravy</i>
<i>52 lbs. potatoes</i>	<i>40 lbs. kale</i>



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**Cold roast beef,
winter or summer
salad, green
tomato chutney,
mashed potato;
jam or fruit pulp
roly poly**

FOR THE FAMILY (4)

SALAD

*2 cooked potatoes 2 cooked carrots 1 cooked beetroot 1 bunch watercress
vinegar, sugar and nut oil for dressing*

FOR THE CANTEEN (100)

*40 lbs. potatoes 25 lbs. carrots 6 lbs. watercress
10 lbs. beetroot 6 lbs. bread
pepper salt vinegar oil*

**Barley broth,
Cornish pasty,
gravy, carrots
and potatoes**



FOR THE FAMILY (4)

BARLEY BROTH

1 qt. water	1 lb. bones chopped, bacon bones, bacon rinds	chopped parsley
root vegetables, cut finely	2 ozs. rice or barley	herbs
		pepper and salt

CORNISH PASTY

$\frac{1}{2}$ lb. breast mutton or beef pieces	1 onion	1 lb. potatoes	7 ozs. flour
3 ozs. fine oatmeal	4 ozs. fat	pepper and salt	

Cut the mutton into *small* pieces and stew with the onion, a little water and the seasonings. Cut potato into rounds or dice. Make the pastry. Roll out and line a tin or enamel plate. Fill with raw potato and the mutton and onion. The mutton, which is fat, must be in small pieces in order that it will mix well with the potato or it may be rejected. Cover with the top crust and bake for about 1 hour. Serve with gravy.

FOR THE CANTEEN (100)

CORNISH PASTY

Filling (season well): 12 $\frac{1}{2}$ lbs. breast mutton 4 lbs. onions or leeks or soup essence
14 lbs. potatoes pepper and salt

Pastry: 10 $\frac{1}{2}$ lbs. self-raising flour 4 $\frac{1}{2}$ lbs. fine oatmeal 5 lbs. cooking fat or
dripping or mixed fat salt

Line large tins which fit the ovens

Soup: 6 gallons 35 lbs. potatoes 25 lbs. carrots bread



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**Soup, fish salad;
bottled damson
tart or chocolate
custard**

FOR THE FAMILY (4)

FISH SALAD

Canned herring, soused herring or mackerel, or any cooked fish

1 tin herrings or equivalent in fresh fish 2 lbs. potatoes

$\frac{1}{4}$ lb. watercress or beetroot 2 ozs. carrot, grated chopped parsley

vinegar, pepper and salt nut oil if white fish is used

FOR THE CANTEEN (100)

*50 large herrings soused, 10 tins of herrings or pilchards or 20 lbs. white fish
without bone*

40 lbs. potatoes 6 lbs. watercress or 2 lbs. finely shredded greenstuff

3 lbs. finely grated carrot chopped parsley, pepper and salt

1 pint vinegar and a little sugar 6 lbs. bread

**Sea pie, greens,
potatoes;
rhubarb or any
fruit in jelly**



FOR THE FAMILY (4)

SEA PIE

Stew: { $\frac{1}{2}$ lb. pieces beef 2 ozs. liver
 { 1 lb. carrots celery and swede } (cut in small pieces)

Sauce: { 1 oz. dripping 1 onion 1 oz. flour
 { 1 pint water gravy colouring

Pastry: 4 ozs. self-raising flour 2 ozs. oatmeal 2 ozs. suet

1. Melt the fat and fry the onion, add flour and water. 2. Season and add the meat and vegetables. 3. Stew gently for $1\frac{1}{2}$ hours. 4. Make the suet pastry. Form it into a round shape to fit the pan. Note that there is plenty of gravy; if too thick, add water. Put the pastry over the stew and cook for $\frac{1}{2}$ hour longer. 5. Cut the crust into sections, remove, dish the stew and serve the sections of crust on the top.

Cook this dish in a rather large pan. The pastry should not be put on too thick.

FOR THE CANTEEN (100)

Stew: { 12 lbs. beef pieces 2 lbs. liver 24 lbs. carrots
 { 1 head celery 2 swedes, if possible

Sauce: 1 lb. dripping 2 lbs. onions $1\frac{1}{2}$ lbs. flour 3 gallons water

Dumplings: 4 lbs. self-raising flour 2 lbs. fine oatmeal 2 lbs. finely chopped suet

The large quantity of pastry should be made into a roly and baked or steamed separately

40 lbs. potatoes 40 lbs. greens 6 lbs. bread



14

**Salad of potato,
carrot, water-
cress, cheese,
dressed with nut
oil and vinegar ;
toad-in-the-hole,
gravy, potatoes**

FOR THE FAMILY (4)

TOAD-IN-THE-HOLE

$\frac{1}{2}$ lb. minced fresh meat 2 ozs. bread, soaked and squeezed dry, or
made into crumbs chopped parsley pepper and salt

Batter : 1 egg 4 ozs. flour 1 teasp. salt $\frac{1}{2}$ pt. milk 1 oz. dripping

1. Mix the mince with pepper, salt and bread, shape into 4 or 8 balls or sausages.
2. Melt the fat in a Yorkshire pudding tin, put in the meat balls and baste. Cook for 10 minutes in the oven.
3. Pour in the batter and bake for a further 30 minutes until crisp and brown.

FOR THE CANTEEN (100)

12 $\frac{1}{2}$ lbs. raw minced meat 3 lbs. bread 3 tablesps. chopped parsley 1 $\frac{1}{2}$ gals. milk

6 lbs. flour 18 eggs or dried egg 1 lb. dripping seasoning

1 gallon gravy

52 lbs. potatoes 10 lbs. carrots 6 lbs. bread

Seven suggestions for dinners which need no meat

• 1 •

Pea vegetable and milk soup. Hard brown bread. Steamed fruit pudding.

• 2 •

Eggs in savoury white sauce or savoury carrots. Greens. Potatoes. Apple charlotte or baked bread pudding.

• 3 •

Potato, celery and milk soup. Curried beans and green vegetable.

• 4 •

Stoved potatoes, oat cakes. Stewed apple pulp, dried or fresh, and cornflour. Glass of milk.

• 5 •

Fresh or tinned fish, potato, beetroot and cress salad. Milk pudding and jam or sultanas.

• 6 •

Parsnip, carrot and potato pie, gravy, greens. Bottled plum pulp and custard. Glass of milk.

• 7 •

Artichoke and potato milk soup. Beetroot, cress, bean and carrot salad with sweetened dressing.

National Wheatmeal bread to be served with each meal.

Three methods of serving meals to large numbers of people may be considered:

Method 1. A given number of portions may be prepared and served as complete dishes on each table. The leaders carve the food for the seated diners. This is perhaps the most civilised method. It entails more labour in cooking and washing up and more oven space, but less labour in apportioning food.

Method 2. Portions may be collected from the source of supply by individuals. This entails a "queue" which has its disadvantages where children are concerned, but this is perhaps the best way for adults. The equipment (in ideal circumstances) should include a hot cupboard where portions of food can be kept warm.

Method 3. When the diners are seated the prefects or leaders collect the plates of food from the source of supply and serve them to their colleagues. This method works well when equipment is limited and is often adopted even when the equipment includes a hot cupboard.

OTHER USEFUL BOOKS

Food from the Garden (<i>H.M. Stationery Office</i>)	. . .	3d.
Preserves from the Garden (<i>H.M. Stationery Office</i>)	. . .	4d.
Good Fare in War Time (<i>H.M. Stationery Office</i>)	. . .	3d.
Salads and Vegetables (<i>H.M. Stationery Office</i>)	. . .	3d.
Canteen Meals for School Children (<i>H.M. Stationery Office</i>)		3d.
School Canteen Handbook (<i>N.U.T.</i>)		6d.
A Guide to School Dinners in War-time (<i>A.T.D.S.</i>)	. . .	10d.

